

ADULT OPEN BASKETBALL

Age: 18+ • Location: South Middle School
Time: 6:30 PM – 9:00 PM
Admission: \$4 or EC RecPass (1 Punch)

Tuesdays: October 5, 12, 19, 26; November 2, 9, 16, 30 (no 23); December 7, 14, 21 (no 28); January 4, 11, 25, (no 18); February 1, 8, 15, 22; March 1, 8, 15, 29, (no 22)

Wednesdays: October 6, 13, 20, 27; November 3, 10, 17, (no 24); December 1, 8, 15 (no 22, 29); January 5, 12, 19, 26; February 2, 9, 16, 23; March 2, 9, 16, 30 (no 23)

ADULT OPEN PICKLEBALL

Age: 18+ • Location: DeLong Middle School
Time: 6:30 PM - 9:00 PM
Admission: \$4 or EC RecPass (1 punch)

Wednesdays: October 6, 13, 20, 27; November 3, 10, 17, (no 24); December 1, 8, 15 (no 22, 29); January 5, 12, 19, 26; February 2, 9, 16, 23; March 2, 9, 16, 30 (no 23)

ADULT OPEN VOLLEYBALL

Age: 18+ • Location: Northstar Middle School
Time: 6:30 PM - 9:00 PM
Admission: \$4 or EC RecPass (1 punch)

Mondays: October 4, 11, 18, 25; November 1, 8, 15, 29 (no 22); December 6, 13, 20 (no 27); January 3, 10, 24, 31, (no 17); February 7, 14, 21, 28; March 7, 14, 28, (no 21)

INDOOR OPEN SWIM SCHEDULE

Children 8 years old or younger must be accompanied by a responsible supervisor at least 13 years of age in order to be admitted.

South Middle School

Admission: \$4 OR EC RecPass (1 punch)

Children 2 and under are free.

Wednesdays: 7:00 PM - 9:00 PM

Session 1: October 6 - December 15 (No swim 11/24)

Wednesdays: 6:30 PM - 9:00 PM

Session 2: January 5 - March 30 (No swim 3/23)



WATER FITNESS

DEEP WATER - A totally non-impact workout using floatation belts that free the arms and legs for a challenging workout.

SHALLOW WATER - This class involves exercises in shallow water. Swimming proficiency is not necessary. Emphasis is on toning as well as aerobic conditioning. Style of class and exercises used may vary by instructor.

Age: 16+

Days: Mondays & Wednesdays

Time: 6:45 PM - 7:45 PM

Site: Northstar Middle School

Program Fee: \$64. City Resident Discounted Fee: \$54.

SEPTEMBER 20 - OCTOBER 20

FAQDW-101NS - Deep Water

FAQSW-101NS - Shallow Water

OCTOBER 25 - DECEMBER 8

(No class 11/22, 11/24)

FAQDW-201NS - Deep Water

FAQSW-201NS - Shallow Water

JANUARY 3 - FEBRUARY 14

(No class 1/17)

FAQDW-301NS - Deep Water

FAQSW-301NS - Shallow Water

FEBRUARY 16 - MARCH 30

(No class 3/21, 3/23)